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More Mi... Possible Canada

More Millio... day's LOTTO ... $50 million, p... "That's a lot c... Tuplin, "I wi... other wannab... whopping $50... chances at a $1...

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More Millionaires in Ca... day's LOTTO MAX draw. T... $50 million, plus a possible ... "That's a lot of chances," said ...eful, Sim... Tuplin, "I will definitely be play... What has Simon and other wannabe millionaires so excited is not only the whopping $50 million dollar jackpot, but the estimated 50 chances at a $1 million prize.

Indeed, it has been some time since LOTTO MAX has had such an offering. And an informal poll on the streets of the nation shows Canadians are loving their chances. "Even if I don't win the big one, I still have 50 chances at a million!" says Julia Auriemma. "That's a

...with this ...ated ...ers

...ionaires in Canada possible with this ...fO MAX draw. That's an estimated ...50 million, plus a possible 50 winners ...n each. "That's a lot of chances," said ...eful, Simon Tuplin, "I will definitely be ... What has Simon and other wannabe mil- ...so excited is not only the whopping $50 ...llar jac... ...mated 50 chances ...ion pri...

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...To talk about the rarity of this prizing, one ...d only find a good actuarial scientist. Unfortu- ...ately, all the actuarial scientists we know were all ...out buying LOTTO MAX tickets. I guess we got ...our answer. Many of the potential millionaires we spoke to suggested they would be happy just win-

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17 SHOPPERS DRUG MART

HERO comes home

Winnipeg Jets star and Vancouver native Evander Kane helps kick off HEROS youth hockey camp PAGE 4

SUN PROTECTION GOES STYLISH

THANKS TO MOTT 50, SHIELDING YOUR SKIN NO LONGER MEANS HIDING UNDER A SARONG PAGE 18

VANCOUVER metro®

Thursday, July 5, 2012

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Sunshine packs 'em into Vancouver parks

Out and about.
Rain finally gives way

Summer is finally upon us.

Waterlogged Vancouverites were basking in full force around city parks Wednesday as temperatures rose to 17 C in one of the first consistent days of sun this summer.

"Summer? What summer?" was Sally Chang's take on the season so far.

But the wet weather appears to be over.

Chang had been patiently waiting to take her two boys out to kick around a soccer ball in the grassy city parks.

"It's the first day of sunny weather, so we packed a lunch and came right down," she said.

Environment Canada forecasts a high of 19 C on Thursday and calls for sun over the next two weeks.

While Vancouverites know not to hold their breath when it comes to the weather, resident Marta Mintenko hopes she and her dog Indiana will be visiting the park more regularly.

"She's a water-loving dog so she gets so excited to be outside," Mintenko said. "Hopefully it (the sun) stays this time."

CHELSEA ALTICE/FOR METRO

A group enjoys a sunny lunch break at Emery Barnes Park in Yaletown. CHELSEA ALTICE/FOR METRO

Sights, sounds of India

Downtown festival will spice up your summer PAGE 14

Watermelon season is here

So why not try grilled duck with spicy watermelon glaze? PAGE 22

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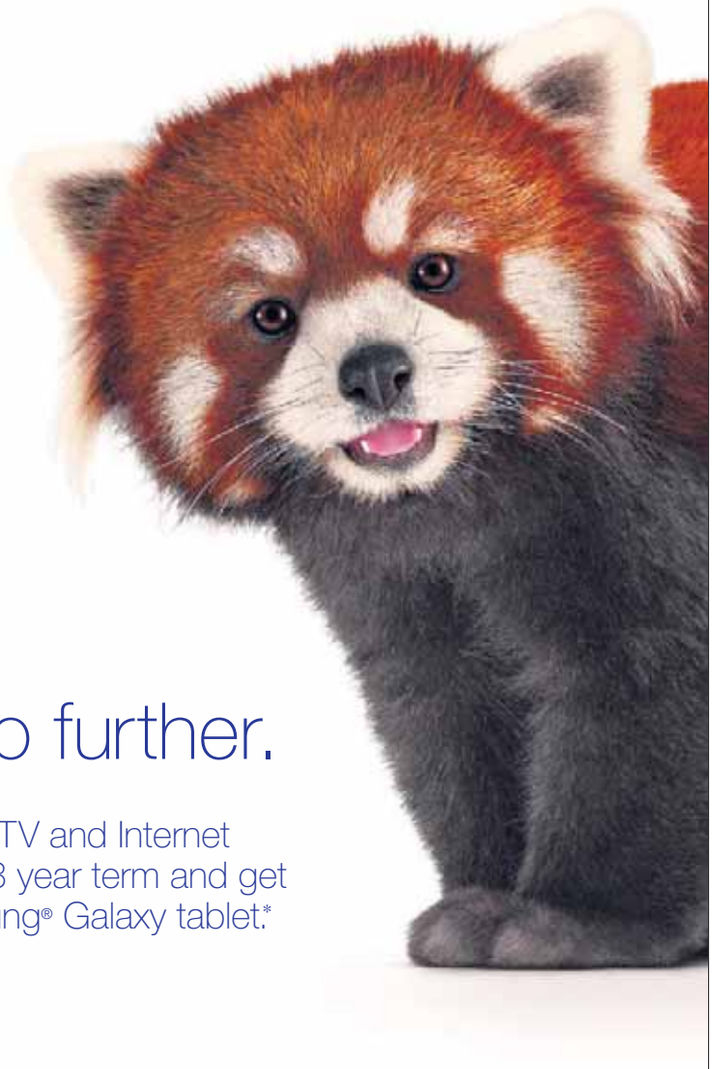

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Adams lends his voice in the summer of '12

Fundraiser. Benefit for music school takes place Sept. 15 in Stanley Park

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

The star-studded lineup of Voices in the Park just got starrier.

Rock legend Bryan Adams has been added to the roster of artists performing at the outdoor fundraising concert for the Sarah McLachlan School of Music.

Adams will join McLachlan and other artists including Hedley, Stevie Nicks and Jann Arden. Even former U.S. president Bill Clinton will be making an appearance to help raise money for the non-profit school.

"Bryan's a friend of Sarah's, but he's also one of our greatest artists in terms of homegrown talent, and we're delighted to welcome him to the event," producer Paul Runnals said.

"It's going to be very exciting to have him out on stage."

The Sarah McLachlan School of Music, now in its 10th year, offers free music programs to at-risk Vancouver youth in grades 4 to 12.

Money raised from the concert will go toward the expansion of free after-school music programs, allowing more students to participate.

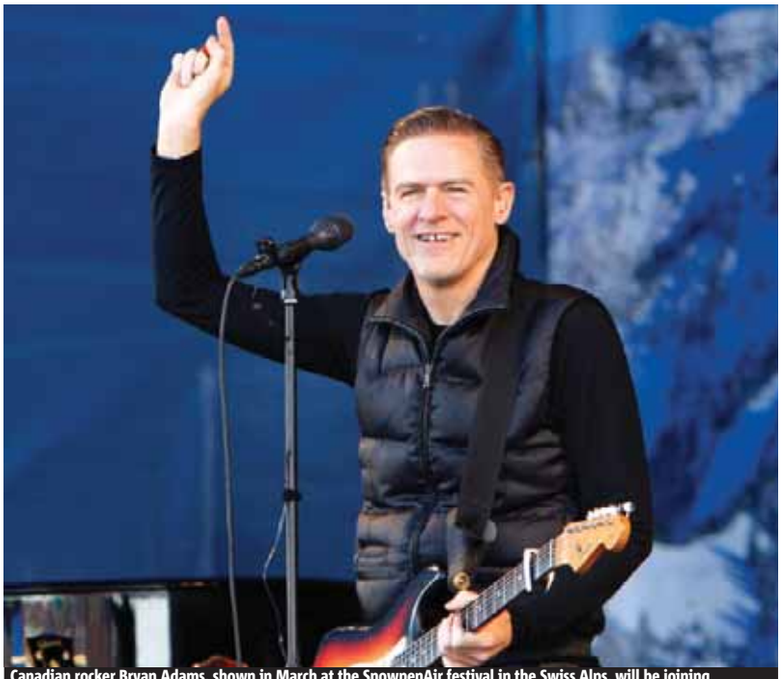
During the first announcement of the artist lineup, McLachlan said creating the school was one of her ways of "thanking the universe" by giving kids the chance to find their voice through music.

Voices in the Park takes place on Sept. 15 at Brockton Fields in Stanley Park.

The No. 19 bus goes directly into Stanley Park and stops at the Stanley Park bus loop. A free, secure bike-valet service will operate in the Brockton Oval, at the northwest corner of the concert site.

General admission is $85, with a limited number of $10 tickets for children 12 and under.

Follow Phylicia Torrevillas on Twitter @ptorrevillas



Canadian rocker Bryan Adams, shown in March at the SnowpenAir festival in the Swiss Alps, will be joining hometown heroine Sarah McLachlan and many others at Voices in the Park. URS FLUEELER/KEYSTONE/THE ASSOCIATED PRESS

Riot suspect wanted after skipping court date

An American who skipped a court date on charges relating to the Stanley Cup riot is now a wanted man.

Police have issued a warrant for Jensen Peter White, 21, of Seattle, who is accused of participating in a riot and mischief for allegedly helping to flip over a parked car.

White was attending university in B.C. at the time of the riot and failed to appear in court to face the charges.

Jensen Peter White
CONTRIBUTED

Insp. Laurence Rankin, team commander of the Vancouver police's integrated riot investigation team, said it's futile for White to hide and he should do the right thing and make arrangements to turn himself in to investigators.

Rioters smashed windows, looted stores, overturned cars and set fires on June 15 last year after the Vancouver Canucks lost Game 7 of the Stanley Cup playoffs to the Boston Bruins.

Charges have been approved against more than 120 people, and police have said they expect to lay hundreds of charges against as many as 300 people involved in the riot.

THE CANADIAN PRESS

House arrest

No jail time for convicted rioter

The third person to be sentenced in the Stanley Cup riot won't be going to jail.

Robert Snelgrove, 25, received a conditional term on Tuesday that includes three months of house arrest.

Snelgrove will serve the time at his parents' home in Coquitlam. He must also pay a $500 fine and write letters of apology for his actions.

THE CANADIAN PRESS

1 NEWS

On the web

Don't sweat it with Botox

Whether it's humid conditions or plain old stress, trickles or torrents of sweat will dampen anyone's mood. Now experts are claiming regular Botox injections could bring long-lasting relief to people suffering from excessive perspiration. Go to metronews.ca to read the full story.

Mobile news

The first International Panda Awareness Week (known also by the clever acronym PAW) kicks off Thursday in London. To see videos of the cutest black-and-white bear on Earth, scan the code.

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Roommate dispute

Man in hospital following Kits axe attack

A near fatal argument between Kitslano roommates put a 39-year-old man in hospital after his roommate allegedly gouged him with an axe.

Vancouver police said a passersby spotted the victim bleeding from the neck at a gas station near West 4th Avenue and Macdonald Street.

Police found the suspect hiding in his car outside the home, and he was taken into custody without incident. The suspect is facing possible assault and weapons-related charges.

CHELSEA ALTICE/FOR METRO

Surrey

SUV accident leaves one dead

A man is dead and his female passenger fighting for her life after a crash Tuesday night in Surrey sent an SUV careening into a ditch filled with two metres of water. RCMP say a dive team was called to search the ditch. THE CANADIAN PRESS

One-day strike

BCGEU workers back on the job

All B.C. Government and Service Employees Union members are back at work after a one-day strike at three liquor-distribution centres in Vancouver, Victoria and Kamloops. It's not known if more actions are planned. THE CANADIAN PRESS

Road rage

Driver pushed into traffic

RCMP on Vancouver Island are investigating how a 37-year-old man was pushed into oncoming traffic during a roadside fight between two irate drivers.

Shawnigan Lake Mounties say the two men began exchanging insults as they drove because one allegedly cut off the other. Then, both men got out of their cars at a stoplight to argue. That's when the 37-year-old hit the other in the leg with a club.

The 38-year-old man allegedly retaliated by pushing his attacker into traffic as a slow-moving pickup truck passed. The man injured by the truck was treated at the scene and released. THE CANADIAN PRESS

Real estate. Vancouver home sales hit 10-year low, local board says

Vancouver home sales hit their lowest level in more than a decade in June, falling 17.2 per cent from May, and tilting the market in favour of buyers, the city's real estate board said Wednesday.

However, despite a drop in the number of sales, prices in what was once the country's hottest real estate market have remained firm, the board said.

The Real Estate Board of Greater Vancouver reported 2,362 sales in June, which is a decline from 2,853 in May and also off 27.6 per cent from a year earlier when there were 3,262 sales.

However, despite the lower sales numbers, the housing price index for residential properties in Vancouver was still up 1.7 per cent from a year ago.

"Overall conditions have trended in favour of buyers in our marketplace in recent months," board president Eugen Klein said.

"This means buyers are facing less competition and have more selection to choose from compared to earlier in the year."

The board said June sales were the lowest total for the month in the region since 2000. The slowdown in sales in Vancouver comes ahead of changes by Ottawa to tighten mortgage lending in Canada.

THE CANADIAN PRESS

Rentals. Tenant activists call for landlord reform

A campaign to bring reform to B.C.'s residential tenancy laws kicked off yesterday, as activists continue to push back against exploitative landlords in the province.

Low-income advocacy organization ACORN Canada is calling for the provincial Liberals to overhaul the Residential Tenancy Act and Residential Tenancy Branch offices throughout B.C., which they say don't do enough to address the problem of deadbeat lessors, or enforce reasonable standards of building maintenance for many residents.

Surrey resident Sue Collard, an ACORN member who has spent more than two years embroiled in a conflict with her landlord, Gurdyal Singh Sahota, over repairs to leaks in her apartment, says the province's dispute-resolution process for tenants is onerous, time-consuming, and utterly unproductive.

KYLE FARQUHARSON/FOR METRO

Evander Kane gives some pre-game tips to children at the HEROS hockey camp on Wednesday. CHELSEA ALTICE/FOR METRO

Local NHL star gives back

HEROS program. Vancouver native Evander Kane returns to the first rink he skated at to kick off youth hockey camp

CHELSEA ALTICE
vancouver@metronews.ca

Winnipeg Jets star Evander Kane returned to his old stomping ground at the Britannia Ice Rink to help kick off the summer Hockey Education Reaching Out Society (HEROS) youth camp on Wednesday.

"It's a great program that gives kids a great opportunity to learn the game and get exposed," said Vancouver native Kane.

Britannia was the first rink Kane, 20, ever skated at, and now his involvement with the program is about giving back and inspiring the kids who, without HEROS and sponsors, would not be able to play.

"They get to meet some players from the NHL, and maybe one day that's what they want to do and they'll know that they can do that," he said.

But HEROS is not all about ice time. Local school boards back the countrywide program and nominate children who can join based on class behaviour and academic performance.

Mentor and co-ordinator of the Vancouver program Carlos Borges joined as a 12-year-old player after recently moving from Venezuela with only basic English. Now a university graduate, HEROS not only helped him finance his skates but his education too.

"I didn't know anyone, so it was good to be a part of a group that accepted me and just play a game," Borges said.

"And it was more than that. It was the relations I could build off the ice. I have lifelong friends here now."

HEROS summer camp runs to July 7, but there are also programs throughout the year.

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Seabirds on West Coast eating bellyfuls of plastic

A new study suggests the stomach contents of seabirds show there's been a big increase in plastic pollution off the northwest coast of North America over the past four decades.

University of B.C. researcher Stephanie Avery-Gomm says the amount of plastic a seabird eats provides a snapshot of the garbage that ends up in a big part of the northern Pacific Ocean.

Avery-Gomm says necropsies performed on 67 beached northern fulmars, a gull-like seabird, showed nearly 93 per cent of them had bellyfuls of plastic — everything from twine and Styrofoam to candy wrappers. THE CANADIAN PRESS

Non-food stomach content found in a northern fulmar bird in a University of British Columbia study is shown in a handout photo. STEPHANIE AVERY-GOMM/UBC/THE CANADIAN PRESS

Stanford research

Radioactive tuna still safe: Study

Fears that a staple of Vancouver's culinary scene — sushi — could be dangerous are being played down.

Radioactive isotopes of caesium from Japan's beleaguered Fukushima nuclear power plant have likely contaminated most Pacific bluefin tuna that spawn near Japan, according to nuclear engineer and former industry executive Arnie Gundersen.

Gundersen referred to a study published in May by scientists from Stanford University, which identified caesium isotopes from Japan's nuclear disaster in 15 bluefin tuna off the coast of California. All of the fish tested positive for the malignant isotopes in August 2011 — an indication that the contamination is widespread, according to Gundersen.

However, the study, published in the journal Proceedings of the National Academy of Sciences, suggests that levels of radioactive caesium detected in the sampled tuna were far too low to pose a threat to people — particularly in the context of naturally occurring radiation within the same fish.

KYLE FARQUHARSON/FOR METRO

Bees bask in the sunshine

Humans are not the only ones delighted to bid adieu to a soggy, chilly month of June.

All around Vancouver bees have been braving the bitter elements, but the weather has encumbered their range of flight, productivity and ability to pollinate, said Don Carter of the Surrey Beekeepers Association.

He added that the inclement conditions have also led to a reduction in the amount of nectar coming into beehives, which will likely hinder honey production this year.

B.C. is home to more than 400 distinct species of the insect, most of which have faced a challenging summer, according to Simon Fraser University biologist Elizabeth Elle.

"Bumblebees are fine; I'm seeing lots of them. But other bees, not so much," said Elle, who explained that bees are cold-blooded, and bumblebees — one of only a few species with the ability to warm themselves by "shivering" — are better than most at withstanding poor weather.

KYLE FARQUHARSON/FOR METRO

A song for young Zane

Behind the Smile. Three-year-old from Langley serves as muse for a song in support of autism treatment

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Karolyn Wootton cried for a week after her two-and-a-half-year-old son was diagnosed with autism last summer, but she has had many reasons to smile ever since.

Wootton's friend, Dalene Richelle, with whom she used to cheerlead on the Calgary Stampeders cheerleading team, is a member of the Texas-based rocking country trio Lantana.

The band used Wootton's son, Zane, and the website she started in October called Behind the Smile as their muses for a song in support of the Autism Treatment Centers of Texas.

"How often does somebody write a song about your child, at the same time supporting the awareness of autism?" Wootton asked.

The mom from Langley said she's dying to hear the song, which is still being laid down in the studio.

Lantana is kicking off its North American tour in the next few weeks, fittingly named Behind the Smile — Love and Autism. They will be making a stop in Vancouver next month.

The Langley mom started the site to help other families access helpful links, to share her family's journey and to raise funds for Zane's therapies and other non-profit groups.

"A year ago, I had no idea I'd be in this world," she said. "But I just think everything is put in your life for a reason."

Wootton said another reason to celebrate is that, after six months of therapy, Zane has gone from being non-verbal to being able to use text cards indicating that he wants food or juice and to spell and define more than 70 words.

"It's challenging and hard, but they're brilliant little people," she said. "What we need to learn in life is that things always end up going in a different direction than we had planned, but there is so much good that can still happen even if your kid does have autism."

Follow Phylicia Torrevillas on Twitter @ptorrevillas

The details

- **Who:** Lantana
- **What:** Behind the Smile — Love and Autism North American tour
- **When:** Aug. 12
- **Where:** The Bourbon Country (50 W. Cordova St.)
- Tickets are $5 at the door.

Karolyn Wootton carries her son Zane, who was diagnosed with autism spectrum disorder last September. Wootton started a website called Behind the Smile to help spread awareness about autism and fundraise money for Zane's therapies and other autism-affiliated groups. CONTRIBUTED/SHAYNA KERRIE PHOTOGRAPHY

Lunch Meet

A new munch-and-mingle month

Tired of your usual lunch spot?

A summer project called Lunch Meet is giving Vancouverites a taste of a communal outdoor meal.

Starting Thursday, a 30-foot-long lunch table will be set up in the 300 block of Abbott Street. The table, created by students in the City-Studio Vancouver program, will pop up every Thursday throughout the month from 11:30 a.m. to 2 p.m.

People can grab a bite to eat from a local business or food carts, which will be offering lunch specials for the event, and enjoy music provided by local artists.

Adam Vasilevich with the Vancouver Public Space Network said the project aims to get people to reimagine Vancouver and to think of streets as being for everyone.

"We really need to look at public spaces in Vancouver differently," he said. "The reason we chose the area (is) because there's not a lot of places to do this in the Gastown area. There's not a lot of benches or places just to sit down with a group of people.

"This gets people to think of the street in a different way," he added.

Vasilevich also said this is a great way to meet new people, citing a recent survey that shows one in three Vancouverites find it difficult to make friends in the city.

"This is another way of getting to know people and getting people together over lunch," he said.

The idea is the newest project by Viva Vancouver, a city program in its second year that temporarily shuts down streets and lanes to create public spaces and pedestrian hangouts.

PHYLICIA TORREVILLAS/METRO

YOU'RE INVITED

Come and see the future of urban transit

Bombardier is rolling out a new generation light rail vehicle (LRV) and you are invited to join us! For just one weekend, FLEXITY Freedom – a full-sized replica LRV – is going to be on display at Granville Island.

Take the opportunity to walk through this made-in-Canada vehicle, and to see and hear about all its amazing features. Ask questions, take a picture and see the future of urban transit. 3-D cut-out trains are available for the kids!

DATE AND TIME: July 6th through 8th
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LOCATION: On Johnston Street
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Scientists' Eureka moment: God particle exists (they say)

Announcement. Scientists hail the discovery of a 'cornerstone,' but is it the real secret of the universe?

Pictured above, British physicist Peter Higgs — the Higgs of the Higgs boson, or the "God particle." Higgs predicted the existence of the particle in the 1960s and said Wednesday that the new discovery appears close to what he foresaw.

DENIS BALIBOUSE/THE ASSOCIATED PRESS

Theory

1960s

Scientists have long puzzled over how the minute building blocks of the universe acquire mass. Without mass, particles wouldn't hold together and there would be no matter. A theory proposed by British physicist Peter Higgs and teams in Belgium and the U.S. in the 1960s is that a new particle must be creating a "sticky" field that acts as a drag on other particles.

Cash

$10B

The Large Hadron Collider — the atom smasher at the European Centre for Nuclear Research — alone cost some $10 billion to build and run. This includes the salaries of thousands of scientists and support staff around the world who collaborated on the experiments that had but one target: Expose the mystery 'God particle.'

History

WWW

The massive scientific effort that led to the discovery of what is thought to be the 'God particle' has also paid off in other ways — one of which was the creation of the World Wide Web. Scientists developed the web to make it easier to exchange information among each other. Vast computing power was needed to crunch all the data.

Target

96%

"This is just the beginning," says James Gillies, a spokesperson for the European Centre for Nuclear Research. Scientists will keep probing the newly discovered particle until they fully understand how it works. One other target: They also hope to understand the 96 per cent of the universe that remains hidden from view.

The God particle lives!

Well, they're pretty sure it does.

To cheers and standing ovations, scientists at the world's biggest atom smasher in Switzerland claimed the discovery of a new subatomic particle Wednesday.

They called it "consistent" with the long-sought Higgs boson — popularly known as the 'God particle' — that helps explain what gives all matter in the universe size and shape.

"We have now found the missing cornerstone of particle physics," Rolf Heuer, director of the European Centre for Nuclear Research (CERN), told scientists.

"As a layman, I think we did it," he told the elated crowd.

But he also declared: "As a scientist, I have to say, 'What do we have?'"

He added: "We have a discovery. We have observed a new particle that is consistent with a Higgs boson."

The Higgs boson, which until now has been a theoretical particle, is seen as the key to understanding why matter has mass, which combines with gravity to give an object weight.

The idea is much like gravity and Isaac Newton's discovery of it: Gravity was there all the time before Newton explained it.

But now scientists have seen something very much like the Higgs boson and can put that knowledge to further use.

CERN's atom smasher, the $10-billion Large Hadron Collider on the Swiss-French border, has been creating high-energy collisions of protons to investigate dark matter, antimatter and the creation of the universe, which many theorize occurred in a massive explosion known as the Big Bang.

Fabiola Gianotti, a team leader, did raise a touch of reality: "The dream is to find an ultimate theory that explains everything — we are far from that."

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Cooked contracts. Federal watchdog blows whistle on ethics agency

A federal watchdog has blown the whistle on a series of cooked contracts at a government agency that teaches ethics to public servants.

The blistering findings mark the second time in less than a year that Canada's procurement ombudsman has discovered bureaucrats carefully tailoring contract requirements to get the suppliers they prefer.

The latest case involves a dozen training contracts — together worth $170,000 — awarded by the Canada School of Public Service between 2009 and 2011.

Ombudsman Frank Brunetta found that the school split contract amounts and generally stacked the deck so that a retired public servant who was already collecting a pension could get all the work.

Brunetta's report cites inappropriate sole-source contracts awarded repeatedly, even after key officials at the school warned against the practice.

The Canada School of Public Service is a federal agency that, among other things, provides values and ethics training to federal public servants.

The report, submitted last week to Public Works Minister Rona Ambrose, determined the school was "favouring an existing contractor by issuing repetitive sole-source contracts and contract splitting."

THE CANADIAN PRESS

Investigation

Brunetta began investigating after receiving a complaint from another potential supplier, who was not identified.

- The individual contract amounts awarded to the favoured supplier ranged from $4,200 to $54,240 — a contract that got underway in May and continues to the end of September.
- The report suggests the school deliberately split a $30,900 contract in two to get around a rule that prevents contracts worth more than $25,000 from being awarded to former public servants who are receiving a pension.

Stampede horses. Study aims to reduce their deaths

John Walters is in his first year on the professional chuckwagon circuit and already knows how painful losing a horse can be.

The rookie driver from Delburne, Alta., is allowing his team to be part of a study that is measuring the heart rates and electrical activity of chuckwagon horses. It's hoped the findings could eventually reduce the number of animal deaths.

The study involves the University of Calgary, the Calgary Stampede and the Moore Equine Veterinary Centre.

Lead researcher Renaud Leguillette and his team are using electrocardiogram (EKG) equipment to monitor horses before, during and after their morning exercise. Selected horses competing in chuckwagon races at the Calgary Stampede are part of the study.

Leguillette said he became interested after several cases over the years in which horses died from heart attacks after competing. THE CANADIAN PRESS

Mourners react outside the Our Lady of Fatima parish in Elliot Lake, Ont., on Wednesday, after the funeral of 74-year-old Doloris Perizzolo, who died in the Algo Centre Mall roof collapse. KENNETH ARMSTRONG/THE CANADIAN PRESS

Town mourns victim of mall roof collapse

Funeral. Crowd packs parish to say their goodbyes to one of two women killed in accident that has sparked public inquiry

A capacity crowd packed a church in a bereaved northern Ontario community Wednesday to pay their respects to one of the victims of a deadly roof collapse at a local shopping mall.

Rev. Paul Conway said more than 320 people came to Our Lady of Fatima parish to pay tribute to Doloris Perizzolo, who was remembered as a good neighbour.

The 74-year-old was one of two women killed when a section of roof came crashing through the Algo Centre Mall on June 23.

The accident crippled local commerce in the small community, touched off a criminal investigation led by the provincial police force, and sparked a public inquiry ordered by the province's premier.

Perizzolo was eulogized by a longtime friend who shared memories of growing up side-by-side, and regaled the audience with anecdotes of her friend's kindness and consideration as a neighbour.

THE CANADIAN PRESS

Investigation

Outrage over the collapse prompted Premier Dalton McGuinty to order a public inquiry late last week, drawing support from the opposition.

- Police have also launched their own investigation. But OPP spokesman Pierre Chamberland wouldn't comment on a report that the investigation stems from information about the building's record of unaddressed maintenance problems. The Ministry of Labour paid six visits to the mall in the last three years.

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Minor shake-up

Fantino gets Oda's job in swift cabinet shuffle

Prime Minister Stephen Harper swiftly shuffled his front benches Wednesday following the resignation of embattled International Co-operation Minister Bev Oda. The hole created by Oda's resignation on Tuesday had been expected to be filled later this summer in what could have been a wide-ranging shake-up, but ended up being only a minor change. Oda was replaced Wednesday by former associate defence minister Julian Fantino.

THE CANADIAN PRESS

Magnotta case. Body part found in Montreal park belongs to Jun Lin: Police

Montreal police have confirmed that the human remains found Sunday in a park belong to Jun Lin.

Lin's torso was found in a suitcase in late May, while other body parts were mailed to offices of political parties and to two schools. Police have said the only missing body part was Lin's head.

"Major-crimes squad investigators just got confirmation," Const. Anie Lemieux said.

Luka Rocco Magnotta has been charged with first-degree murder in Lin's death.

THE CANADIAN PRESS

Jun Lin is shown in this undated photo from Facebook. HANDOUT

Spraying scorn on the banks

Protesters spray champagne as they demonstrate against what they describe as a "close relationship between bankers and politicians" outside Portculis House in London on Wednesday, as former Barclays Bank chief executive Bob Diamond gives evidence to the British Treasury Select Committee. Diamond acknowledged on Wednesday that there had been "mistakes" and "reprehensible" behaviour at the bank as he appeared before British lawmakers. CARL COURT/GETTY IMAGES

'Phablets' the next tech trend?

Mobile. Latest device aims to bridge gap between tablets and smartphones

Take one part smartphone and one part tablet and what have you got? Phablets, a newer breed of mobile device that's expected to compete with the smaller-sized tablets now flooding the market.

Phablets aren't going to kill tablets or smartphones but they will be a viable niche product, said Sascha Segan, lead mobile analyst for PC Magazine.

There's only one major phablet currently available, the Samsung Galaxy Note with its 13.5-centimetre touchscreen. It looks huge beside the 8.9-centimetre iPhone but is considerably smaller than 17.8-centimetre tablets like Research in Motion's BlackBerry PlayBook and the 24.6-centimetre iPad. LG has also revealed plans to release a phablet, the Optimus Vu.

"Most phablets look like you are holding a slice of bread up to your head, or some other similarly awkward object," Segan said from New York.

But as consumers make fewer phone calls, size isn't expected to matter.

Hybrid device

"They'll start dropping their smartphones and pick up these phablets."

Sascha Segan, lead mobile analyst, PC Magazine

Tech trends firm ABI Research predicts more than 208 million of these hybrid devices will be shipped by 2015. THE ASSOCIATED PRESS

Takeover. Maple Group bid for TMX clears hurdles

The longstanding proposed takeover of the TMX Group cleared a number of key regulatory hurdles on Wednesday, perhaps most importantly from the Competition Bureau.

The federal regulator said it will not challenge the attempt to take over the operator of Canada's major stock exchanges by the Maple Group Acquisition Corp., a factor that could have potentially sidelined the transaction.

Meanwhile, the Ontario Securities Commission gave its approval and published final recognition orders for the deal, which values the TMX Group at $3.8 billion.

Maple spokesman Luc Bertrand said the approvals were "a very major milestone" for the consortium of 12 Canadian banks, pension funds, brokerages and insurers leading the bid.

The plan would see the Maple Group control as much as 90 per cent of trading activity in Canada.

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SUMMER TIME IS NOT NECESSARILY FUNNER TIME

HE SAYS...
John Mazerolle
metronews.ca/hesays

Hey, remember when summer weather was something to look forward to?

That was a real nice season we had once.

But now, with soaring temperatures, stifling humidity and more frequent disasters, summer feels vaguely threatening — like a guy who smiles too widely all the time.

Recognizing that extreme weather is still dangerous regardless of the season is only common sense, which makes it impossible for most people.

That's why there can be an extreme-heat alert, a smog advisory, a tornado watch, a skin-pustule warning and a forecast of partly locust-y, and there'll still be some guy on the TV news having a beer on a patio and gushing about the "awesome" weather. If there was a flood he'd talk about how he loves to swim as he floated away on his chair.

Fortunately for you, this column recognizes the dangers and has a few tips to keep the dog days from biting.

As you enjoy this season

"Don't say, 'Hot enough for you?!' This will cause people to punch you in the nose, and they'll be right to do it."

Keeping it cool: DOs and DON'Ts

DO congratulate yourself on your safety consciousness when you realize the chances of your doing anything strenuous, such as having sex or working a job, are zero.

DON'T go jogging mid-day. Going at dawn will make the run more enjoyable, due to fewer people pointing and saying, "Look at the crazy person."

DO drink from a canteen, so that when it's empty you can melodramatically turn it upside down and shake it.

DON'T use a hand fan, unless you're a fading southern belle and can say things like "I do declare — it's hot enough to parboil an egg in my cleavage" without sounding silly.

DO check in on elderly or sick neighbours, so you can get first dibs on their stuff.

DON'T say, "Hot enough for you?!" This will cause people to punch you in the nose, and they'll be right to do it.

DO drink eight glasses of water a day. It's a totally made-up number with no scientific foundation, but people my age have been spouting it our whole lives, so just do it or we'll feel stupid, all right?

DON'T jump headfirst into an oasis, no matter how dehydrated you are. It's usually a mirage. Telltale signs include palm trees growing in Canada and hammocks strung up in major cities. If you're still not sure, toss a co-worker.

DO leave animals in your car, but only if you intend to eat them later. Free-Range Rover is delicious.

DON'T leave behind Conservatives, even if the window is open a crack. When you return, you may find them sweaty and confused, frothing at the mouth and ranting that climate change is a myth. This is normal. If a Conservative says anything logical, call 911 immediately.

Those are the keys to a safe summer, so long as you also avoid gas barbecues, choking hazards, major highways, dying birds, disease-carrying mosquitos and cancerous sunshine.

Remember that if you see any TV reports that show an entire week without any kind of death, disease or disaster, it's probably a mirage. And, above all, have a good time.

Summer is here, that means rule No. 1 is to be extra cautious while having fun — danger looms behind every corner. GETTY IMAGES

Black Widow conquers 45 hot dogs

MARIO TAMA/GETTY IMAGES

10 minutes to gold

Noted noshers hold their titles

Five-time hotdog-eating world champion Joey Chesnut, left, and women's world record holder Sonya Thomas "stare down" at the Nathan's Famous Fourth of July International Hot Dog Eating Contest ceremony.

Thomas, of Alexandria, Va., beat her own record by gobbling down 45 hot dogs and buns in 10 minutes Wednesday to win the women's competition at the annual Coney Island contest. GETTY IMAGES

Previous record

41

The petite Thomas, who goes by Black Widow, won $10,000 US. The previous women's world record was 41 dogs and buns in 10 minutes.

Contest tradition

Dog-eat-dog world

Joey Chestnut ate his way to a sixth straight win, tying his personal best in a sweaty, gag-inducing spectacle.

The 28-year-old San Jose, Calif., man nicknamed Jaws scarfed down 68 hot dogs in 10 minutes in the sweltering summer heat to take home $10,000 US and the mustard-yellow belt. He bested his main rival by 16 dogs. The Nathan's Famous Fourth of July International Hot Dog Eating Contest has been a city tradition for 97 years.

THE ASSOCIATED PRESS

After it all went down

"I feel good, it was a great win.... I tried my best. I'm looking forward to next year already."

Joey Chestnut, after the contest, adding he wished he could have eaten a record number of hotdogs for the audience.

Watch the video at metronews.ca

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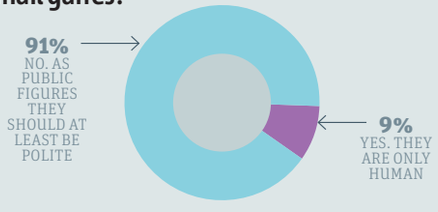
Should politicians be forgiven for their email gaffes?



Twitter

@saidthewhale:
Okay Vancouver, you know the drill: see the sun-->take your clothes off. Let's do this.

@extremepassage:
sunny in #Vancouver !!!!!!! yup feels like summer arrived :)

@kate_scroggins:
FINALLY starting to feel like summer in #Vancouver. #umbrellabanished

@jwichy:
Speaking of summer... now that its actually sunny in Vancouver I can pull the bike out for a change!

@captnsequins:
This sun today is so refreshing. I forgot what it feels like to not have rain constantly hitting my skin. #vancouver

@ltichelman:
Sun in Vancouver? #thatspossible?

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SCENE

Scene in brief

Hudson's TV role a bridge to Broadway?

After winning an Academy Award and a Grammy, Jennifer Hudson is taking a roundabout route to give theatre a try. She'll appear on the second season of the television musical drama series Smash in a multi-episode arc as a Broadway star named Veronica Moore. On Smash, Hudson will join fellow American Idol alum Katharine McPhee, who's one of the show's main characters. "It's just the perfect opportunity," Hudson, a fan of the NBC show, said in a recent interview. She also admitted the show may be a way for her to ease into an appearance on Broadway.

THE ASSOCIATED PRESS

On the web

Amazing Spider-Man snares $7.5M in midnight screenings ahead of Fourth of July

Indian festival puts some sizzle in this rainy summer

South Asian culture. Ten-day event features entertainment and — yes — plenty of delicious food

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Few things in life make me sad. But if I had to make a shortlist, it would be, in this order, injured puppies, Italian soccer wins and long periods of inclement weather.

Thankfully, I bore witness to no struggling Dachshunds or joyous Italians this past weekend. But, like our gutted friends from that fine boot-shaped nation, I still suffered.

This rain is a pain.

No matter. Because while the summer has been mostly missing in action, this week, the forecast is finally calling for some much-needed sun. But even if the weather doesn't cooperate (please cooperate), you can still find some sizzle at the second-annual Indian Summer Festival, a celebration of South Asian culture, arts and ideas starting Thursday and running until July 15 at the Woodward's complex in downtown Vancouver.

That's 10 days of performance, dialogue and, yes, culinary delights.

Did I mention there was food?

Highlights:

A Life in the Limelight: Sharmila Tagore and five Decades of Indian Cinema (July 6-8 & 13-15 at 7 p.m.: Djavad Mowafaghian Cinema, Goldcorp Centre for the Arts) – Five nights of film screenings celebrating India's legacy of incredible cinema. The series starts with an intimate evening with Indian film icon Sharmila Tagore, who will discuss her life in cinema. Each subsequent evening features a classic film starring Tagore, progressing from the 1960s to today.

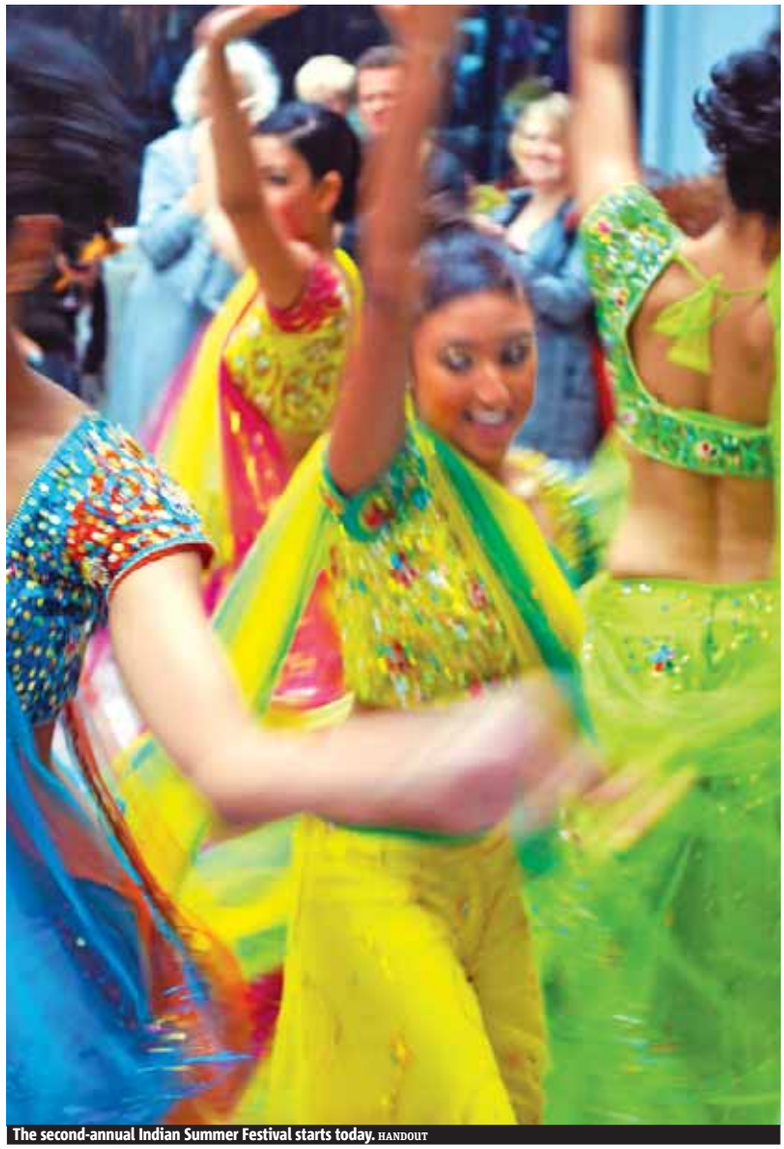
Mrigya in Concert: The Sounds of the Sufis (Friday, July 13, 8 p.m.: Fei & Milton Wong Theatre, Goldcorp Centre for the Arts) – Delhi-based world music band Mrigya presents an evening of Hindustani and Sufi music. A Sufi/Qawwali duet by Gulaam Qadar and Sukriti Sen opens the evening, accompanied by Gyan Singh on the tabla.

Free Dance Classes: Bollywood Grooves & Bhangra Moves (July 6-8 & 13-15, 6 p.m.: W2, Woodward's Atrium) – World-renowned choreographer Shiamak Davar leads Bollywood jazz classes, "combining the energy, colour and flavour of Indian cinema with the flair of jazz." You can also check out the South Asian Arts Team's free Bhangra classes.

Dinner by Starlight (Saturday, July 7, 7 p.m.: Secret location in Vancouver) – Vikram Vij hosts an exclusive five-course dinner reception with Indian film icon Sharmila Tagore. You've got to buy a ticket to take the ride.

If you go...

- **For more information.** Visit IndianSummerFestival.ca. Some free events. Ticketed events from $5 to $350. Tickets at TicketsTonight.ca.



The second-annual Indian Summer Festival starts today. HANDOUT

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Business as usual for Cruise engine

New film. Paramount begins pushing Jack Reacher as star deals with divorce from Katie Holmes

Tom Cruise's personal life may be in upheaval, but it's still business as usual for the studio promoting his next movie.

Paramount Pictures has released the trailer for Cruise's crime drama Jack Reacher, which opens Dec. 21. The trailer launched on Cruise's 50th birthday with Tuesday's debut of The Amazing Spider-Man. The start of the movie's marketing campaign coincides with the breakup of Cruise's marriage to Katie Holmes, who filed for divorce last week.

The divorce has brought fresh scrutiny to Cruise's ties to Scientology. His beliefs played a role in Paramount's split with the actor in 2006 over his discussion of his religion and his erratic behaviour regarding his romance with Holmes.

Paramount has since made up with Cruise, releasing his blockbuster Mission: Impossible: Ghost Protocol to a $690 million worldwide haul.

"Tom is a huge movie star for the right reason. He's a very talented actor whose movies have entertained millions of fans," Paramount said in a statement. "His ability to make a great movie, as we saw with the most recent installment in the Mission: Impossible franchise — the most successful of the series to date — is the thing that moviegoers remember above all else."

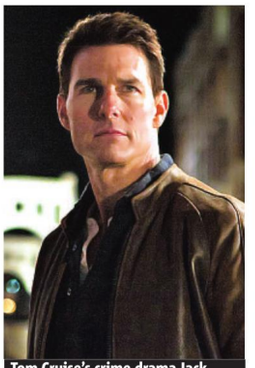
Adapted from a novel by Lee Child, Jack Reacher stars Cruise as an ex-military investigator caught up in the case of a sniper accused of killing five people.

THE ASSOCIATED PRESS

Quoted

"His ability to make a great movie ... is the thing that moviegoers remember above all else"

Statement from Paramount about Tom Cruise



Tom Cruise's crime drama Jack Reacher opens Dec. 21. HANDOUT

Documentary

Katy Perry: Part of Me

Director. Dan Cutforth, Jane Lipsitz

Stars. Katy Perry, Shannon Woodward, Lucas Kerr

●●●○○

This new documentary shows Katy Perry's genuine affection for her followers — she does daily meet-and-greets and invites audience members on-stage to dance — so it is no surprise that Part of Me is geared toward pleasing her Katycats. Intercut with lively performances from the wildly successful Teenage Dreams tour — six costumes changes in one song! — are musical numbers galore, visits with her slightly grumpy grandmother and interviews with her staff and friends who generally say the kind of things you expect them to. It's only when the tour nears its end and Perry's marriage is in tatters that the movie reveals something other than a carefully manicured picture of the star. The result is a series of vignettes featuring an attractive, talented young woman who seems really nice.

RICHARD CROUSE

Scotiabank Theatre Vancouver, 900 Burrard St.
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3D (G) Thu 1-3:35-6:30-9:40

SilverCity Riverport 14211 Entertainment Way
3D (G) Thu 12:30-2:55-5:20-7:45-10:10

SilverCity Metropolis 4700 Kingsway Ave.
3D (G) Thu 12-2:30-5:10-7:40-10:15

SilverCity Coquitlam 170 Schoolhouse Street
3D (G) Thu 12:30-2:55-5:20-7:45-10:10

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OUR TAKE ON THE WORLD OF CELEBRITIES

Heidi Klum ALL PHOTOS GETTY IMAGES

Heidi Klum remains sour on marriage

"I don't know if I'll get married again," Heidi Klum, model and host of Project Runway, tells newspaper Bild am Sonntag.

After seven years of marriage, she separated from husband/singer Seal earlier this year.

"Although I really enjoyed being married. I'm a dreamer. I loved our annual fairy tale weddings that were our big family parties. But sadly, it somehow didn't work out."

That said, she's remained optimistic about the future, even if it doesn't involve a partner.

"I think everyone should work on their dreams," she told the paper. "I try to. I look into the future, concentrate on my family and I have to say that I'm happy. There are worse things in life than a separation."

The Word

Frank attracts an Ocean of attention by coming out

SAM CASTONE
Metro World News

A few days after newscaster Anderson Cooper revealed he was gay, an entertainer from an entirely different spectrum also shared something about his sexuality... with potentially groundbreaking results.

"Four summers ago, I met somebody. I was 19 years old. He was too," wrote singer and songwriter Frank Ocean, a member of hip-hop collective Odd Future, on his Tumblr page.

"We spent that summer, and the summer after, together. Everyday almost. And on the days we were together, time would glide. Most of the day I'd see him, and his smile. Sleep I would often share with him. By the time I realized I was in love, it was malignant. It was hopeless. There was no escaping, no negotiating to the women I had been with, the ones I cared for and thought I was in love with."

He goes on, leaving the reader to guess he is either gay or bisexual.

In the hip-hop world, being openly gay is uncommon, and Ocean is the most high-profile urban artist to ever publicly address being with a man. In fact, one of Ocean's collaborators, Tyler, the Creator, has been accused of being homophobic.

About Ocean, Tyler tweeted: "My Big Brother Finally Fucking Did That. Proud Of That Nigga Cause I Know That Shit Is Difficult Or Whatever. Anyway. I'm A Toilet."

Hip-hop legend Russell Simmons wrote on his own blog congratulating Ocean.

"Today is a big day for hip-hop. It is a day that will define who we really are. How compassionate will we be? How loving can we be? How inclusive are we? I am profoundly moved by the courage and honesty of Frank Ocean…."

Ocean has written songs for Justin Bieber, John Legend and Beyoncé, and appeared with Jay-Z and Kanye West on Watch the Throne.

His new album, Channel Orange, debuts July 17.

Brad Pitt

Move over Brad, Doug Pitt has arrived

Brad Pitt once starred in a Super Bowl Heineken commercial, and has made more than 30 ads in Japan alone (for Edwin jeans and other products).

But he better watch out, because his brother, Doug, just scored an ad with worldwide buzz. Appearing in an Australian commercial for Virgin Mobile, Doug (Brad's real bro) is seen as a boring suburban guy wearing khakis, taking an inordinate amount of pleasure from mowing the lawn, cooking and doing other household chores. The gag is that he's the anti-Brad.

Twitter

@iamrashidajones
Celebrating July 4th in London is a little like baking yourself a birthday cake and then eating it alone in a dark closet. #IMissFireworks

@AlbertBrooks
BREAKING NEWS: There is a God.....particle.

@Tyrese
Acting Advice::. The day you STOP caring about how fly and sexy you are you might have a real shot at being an actress or actor...

@JerrySeinfeld
The reason every "Seinfeld" character greeted with "Hey,(name)" was secret tribute to #andygriffith-show #true #andyandbarn4ever

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Fashion Flash

Bottling Bon Jovi: Avon picks rocker as newest perfume partner

Jon Bon Jovi is going Unplugged in a bottle. Avon Products Inc. announced Monday that the 50-year-old rock star is the company's newest celebrity fragrance partner. He'll appear in ads for both Unplugged for Her and Unplugged for Him. The company said the inspiration for both scents is the unique feeling one has listening to a favourite song. The goal is "an emotional connection." The women's version, which will be available through Avon representatives and online in October, is a floral oriental perfume, and the men's is a woody floral musk fragrance. It will go on sale in November. Both Avon and Bon Jovi said admiration for each other's involvement in philanthropy largely drew them together as partners.

THE ASSOCIATED PRESS

On the Web

Designer presses the limits of patience: 60 hours of fashion in Band of Outsiders' Paris show

Soak up some sun

Summer. Mott 50 is the fashionable solution to sun safety, and co-founder Anne Botica Reilly explains why their label is set to shine

RICHARD PECKETT
life@metronews.ca

Safety has never been a sexy subject. It's always been a difficult sell, especially for fashion brands.

Ironically, it's a world that attracted Monique Moore and Anne Botica Reilly to launch their sun-protective label Mott 50 (mott50.com).

The brand is named after their old apartment's street (Mott Street, New York City) where the concept came to fruition in March 2011.

Moore and Reilly intended to take full of advantage of the female shift in attitude towards tanning and skin preservation.

Reilly explains, "I have a history of skin cancer in my family, so I have seen the direct effects — my aunt passed away and my mother is currently affected."

However, despite advances in skin care, the reality is that skin cancer among young people is on the rise. The World Health Organisation states that every year 132,000 melanoma skin cancers and two to three million non-melanoma skin cancers occur globally and this is set to rise. This can be attributed to the depletion of the ozone; however, that doesn't free us from our responsibility for self-preservation.

Luckily, UPF (ultraviolet protection factor) clothing doesn't have to resemble a poncho or be as coarse as a hair shirt.

"We could see that a lot of the stuff was not that desirable for women to wear — it's uncomfortable on the skin." Reilly adds, "We have customers who like the fabric and the way that it looks — the added value is the UPF50 element." The failing of many other UPF labels is that they allow the safety aspect to dominate the aesthetic at the expense of the look.

Reilly admits, "It isn't a high-end fashion brand at all but we do try to play on the trends." Currently, Mott 50 offers wardrobe staples such as cardigans, crewnecks, henleys, tunics, shifts, maxi dresses and short and long-sleeved shirts for guys. "We look to the designers like Ralph Lauren, Burberry Prorsum and Thakoon, so we do try to make our label a little more funky," says Reilly. The biggest challenge for the design duo is sourcing fabrics. At the moment they use materials such as cotton poplin and bamboo spandex but they're working on expanding their remit.

The way that the process works is that clothing manufacturers pour in a blend that closes the porosity of the fabric to prevent harmful UV penetrating the skin. Alarmingly, "the average white T-shirt only has a UPF of five," says the Chicago native. Shocking, but does such a limited collection have any real future, given the amount of skin sun-care products now available? Reilly certainly believes so,

"Advances in sun care actually helps our business. It raises awareness for our products and stresses the need for labels like ours."

As well as being stocked in stores such as Neapolitan, New York, the girls plan to increase their men's wear line next season and are hoping to launch a children's wear collection next summer, which Reilly describes as "a huge market."

GAP Bandeau one piece GAP

Mott 50 tunic MOTT 50

Mott 50 tunic MOTT 50

Insert your face above MOTT 50

Anne Botica Reilly, left, and Monique Moore MOTT 50

Summer skin-care

SMOOTH

Malin + Goetz chamomile treatment

$68, malinandgoetz.com (available mid-July)

TONE

Clinique skin tone correcting lotion SPF 20

$45 clinique.com

PROTECT

Shiseido: Urban environment UV protection cream plus SPF50

$30 shiseido.ie

Etiquette

Dealing with stinky summer feet

With summer here, I loathe to wear socks. How can I wear my shoes without socks, and how can I keep my shoes — and feet — from smelling? Also, is there an etiquette when it comes to going sock-less when you visit a friend's place? Should you remove your shoes?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Only the asparagus should smell like feet at a dinner party. ISTOCK

First, let's make sure you are wearing the right shoes! If you are going to go "sock less" than traditionally you would never do so in laced shoes. Usually the shoe what is used is a "loafer" style shoe.

Now remember this is a casual style of dressing and is most appropriate socially. You should never go to work or out for a business dinner dressed without socks, it is just too casual a dress attire.

Now the problem with feet no matter who you are is that they naturally perspire (sweat), thus leather or plastic shoes combined with sweat generally smells.

So what to do?

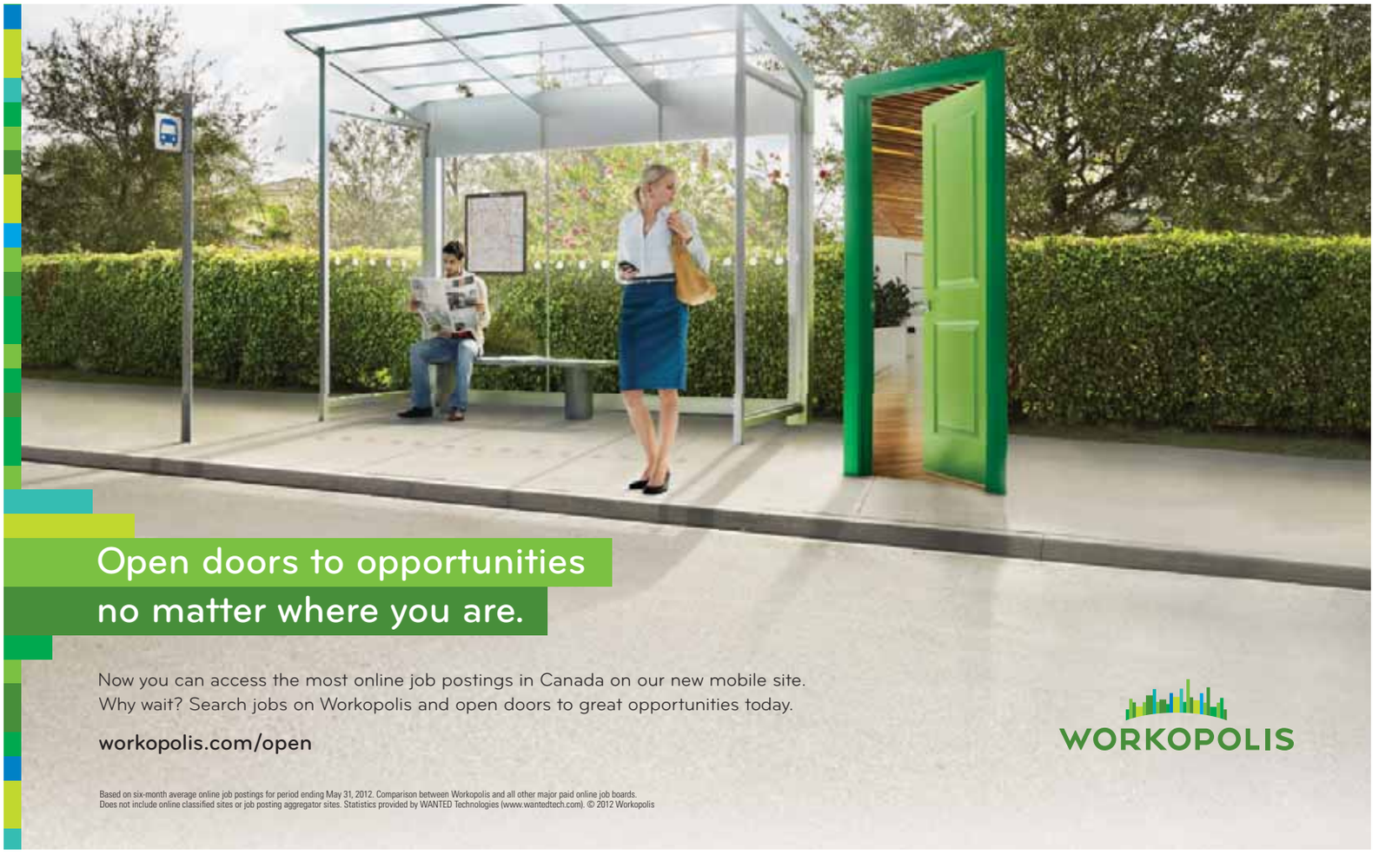
First to state the obvious, clean fresh-washed feet are an important must. Secondly, let your shoes air dry with a dash of baby powder or talcum powder to absorb the moisture and help remove it.

Now the etiquette of when to wear shoes "sock-less" is also important.

If you know you are going to go to someone's home and be asked to remove your shoes, then never go "sock-less" as it is rude to walk around their home in your bare feet, even if you have clean feet.

If you arrive somewhere unexpectedly, and must remove your shoes, then always ask for a pair of slippers.

Now go enjoy the summer in your bare feet on a beach somewhere!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Accents of orange pop off crisp white and espresso neutrals at Toronto's Thompson Hotel. THOMPSON.COM

Style your home after Thompson Hotel

Hotel chic. Pops of colour and organic lines make comfortable style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Thompson Toronto is Thompson Hotel's first international property outside the United States and opened two years ago in the King West Village, connected to the entertainment and financial areas, and walking distance to the Toronto island airport.

Designed with signature crisp lines by New York design firm Studio Gaia, the hotel's 102 guest rooms feature classic dark wood floors, cool white walls, organic and mid-century modern furnishings along with bright pops of fashionable orange. The look has now become synonymous with chic condo buildings around the country's largest city.

The rooms are crisp, modern and resemble oversized condo living with large windows boasting city views.

Lifestyle amenities include a rooftop lounge and pool area — the first of its kind in Toronto. Recreating the Thompson look is easy.

Keep it clean-lined with neutral tones while adding a pop of colour such as orange, purple or turquoise. Here are a few affordable 'Thompson-esque' products to help you get this look in your own abode.

Super-charged with colour and easy-to-care-for bedding adds style for less. Karit blanket and pillow cover, $50, Ikea.ca

Useful yet trendsetting in orange makes for the perfect lamp. Carpenter Lamp, $80, CB2.com

Industrial legs with natural bone top gives a high-end contemporary look. Bone Side Table, $239, WestElm.com

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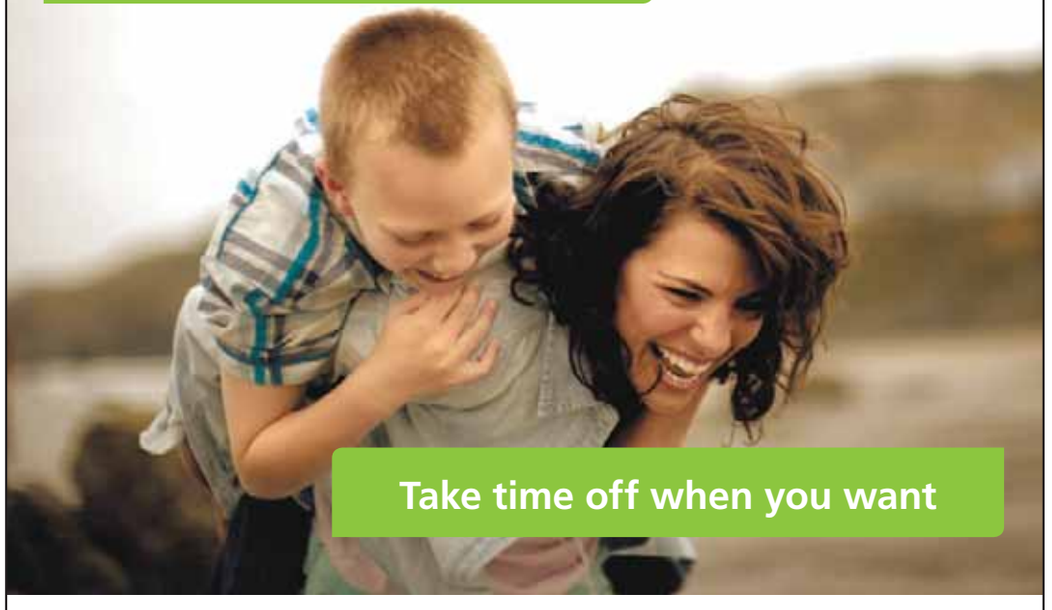

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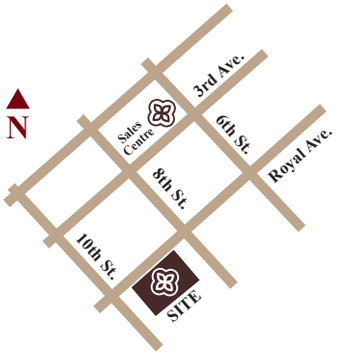

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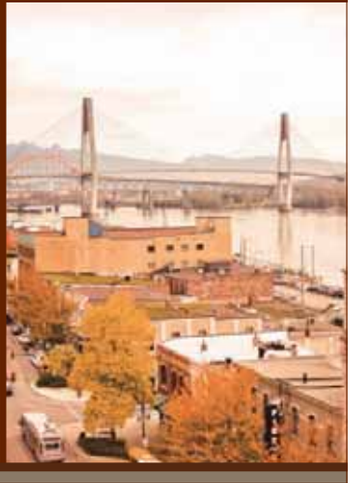


Watermelon goes beyond dessert while duck takes over for chicken

1. Glaze: In a blender, purée the watermelon flesh until smooth. Set aside. In a small, heavy-bottomed saucepan over medium, heat the apple jelly, stirring constantly, until it is melted. Add the watermelon juice and stir to combine. Stir in the lime zest and juice, red pepper flakes, jalapeno hot sauce and salt. Mix and taste, adjusting the seasoning if desired. The glaze can be used warm or cooled. It can be refrigerated in a tightly sealed jar for up to 2 days.

2. Heat one side of a grill to medium and the other side to low. During cooking, if you get flaring from the duck fat, you may need to turn off the low side completely.

3. Use paper towels to pat dry the duck. Using poultry or kitchen shears, cut along each side of the duck's backbone and remove it. Turn the duck breast-side up. Open the 2 sides of the duck as if you were opening a book, and lay it flat. Break the breast bone by firmly applying pressure and pressing down. Tuck the wing tips under the upper wing and place on a sheet pan. Set aside.

4. In bowl, mix salt, pepper and cayenne. Brush the duck all over with olive oil. Season lightly on both sides with the spice rub. Place the duck skin-side up directly on the grill grates on the cooler side of the grill. Grill for about 2 hours.

5. After 2 hours, brush the glaze on the duck. Continue grilling for another 20 to 30 minutes, brushing with the glaze 2 more times during the final grilling time. Grill until the juices run clear and the thigh registers 190 F.

6. Remove the duck from the grill and brush with glaze one last time. Let the duck rest for 10 minutes. Cut the duck into halves or quarters and serve.

Ingredients

Spicy Watermelon Glaze:
- 1 cup seedless watermelon flesh
- 1/2 cup apple jelly
- Zest and juice of 1/2 lime
- 1 tsp red pepper flakes
- 1/2 tsp jalapeno hot sauce
- Pinch of salt

Grilled Butterflied Duck with Glaze
- 6-lb duck
- 1 tsp kosher salt
- 1/2 tsp coarsely ground black pepper
- Pinch of cayenne pepper
- Olive oil
- Spicy watermelon glaze

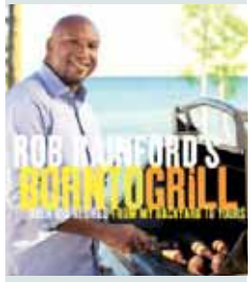
Grilled Butterflied Duck with Spicy Watermelon Glaze

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT & EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS, IN NEW YORK & WASHINGTON AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

Book of the week

Grill master lesson



In Born to Grill, Rob Rainford brings barbecue prowess to more than 100 recipes and 20 complete menus from around the world. The book is designed for hosting family and friends around your backyard barbecue.

While there are plenty of great grill classics (with a Rainford twist), he pushes barbecue boundaries with some true grilling originals and expert techniques, like cold smoking. As a result, readers get recipes that move beyond burgers and steaks. Among them are: Rotisserie Butter-and-Sage Cornish Hen, Portobello Mushroom Napoleons, Spanish Paella with Grilled Seafood, Egyptian Lamb Koftas and more. METRO

Fresh take. Short Rib Sliders and Snow Pea Slaw

1. Heat grill to high. Then, to make slaw, in bowl combine snow peas, carrot, mint, raisins and vinegar. Toss well, season with salt and pepper, set aside.

2. Using oil-soaked paper towel held with tongs, oil grill grates.

3. In bowl, combine brown sugar, salt, pepper, cayenne, allspice and thyme. Rub mix onto all sides of short ribs. Grill on medium 4 minutes per side. Transfer the meat to a plate and allow to rest for 6 to 8 minutes.

4. To serve, pile slaw onto each bun, then top with a piece of short rib.

THE ASSOCIATED PRESS

Ingredients

Slaw:
- 1 cup snow peas, in strips
- 1/2 cup grated carrot
- 1 tbsp chopped fresh mint
- 1/4 cup raisins, chopped
- 1 tbsp cider vinegar
- Salt and ground black pepper

Short ribs:
- 1 tbsp brown sugar
- 1/2 tsp each salt & black pepper
- Pinch cayenne pepper
- Pinch allspice
- 1/2 tsp dried thyme
- 1 lb boneless short ribs, cut into 6 pieces
- 6 small buns

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Heirloom veggies prized by many gardeners

More bang for your bite. Enthusiasts love the stories, flavour and strength of heirlooms

As recently as a decade ago, the word "heirloom" was used to describe jewels, furniture or handicrafts that were passed down by families over generations. Now, that tag is just as frequently attached to vegetables, fruit and flowers.

Enthusiasts say heirloom vegetables offer more flavour, nostalgia and authenticity.

"I think it's all about the flavour," said Kathy Mendelson, a botanist from the Seattle area and author of a website called The Heirloom Vegetable Gardener's Assistant.

"Nobody wants a plateful of bland for dinner, and the best of the heirlooms have flavours that are complicated — delicate, bold, sweet, not sweet, rich, distinctive and more," Mendelson said.

Nostalgia plays an important part, too, she said, but heirlooms are more than just sentimental favourites: "For example, they can have to do with family, community, certainly with culture, and also History with a capital 'H' — researched and documented."

What's not to love when growing tomatoes given such descriptive names as Radiator Charlie's Mortgage Lifter, Brandywine, or Amish Paste?

Halladay's Mortgage Lifter tomatoes developed in the Depression's 1930s. SEED SAVERS EXCHANGE/THE ASSOCIATED PRESS

Tomatoes are the favourite, but have been eclipsed in the marketplace by hybrid varieties created for disease resistance, appearance and longer shelf life. Squash, potatoes, beans, peppers, cucumbers, carrots, herbs and melons also are popular. THE ASSOCIATED PRESS

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4 SPORTS

Quoted

"Feels great being back in the semis.... Haven't been here in the last couple years."

Roger Federer at Wimbledon on Wednesday. Motivated by the bitter memory of quarter-final losses at the All England Club the past two years, the six-time Wimbledon champion bullied 26th-seeded Mikhail Youzhny of Russia 6-1, 6-2, 6-2 to reach his record 32nd career Grand Slam semifinal.

"I am aware things are going to get complicated in the next match."

Federer, who will face No. 1 seed Novak Djokovic, the defending champion, on Friday.

NHL

Carle going back to Tampa Bay

Free-agent defenceman Matt Carle signed a six-year contract with the Tampa Bay Lightning on Wednesday. Carle had four goals and 34 assists while averaging 23:01 minutes per game last season with the Philadelphia Flyers. He led Philly in blocked shots with 164. It's a return to Tampa Bay for Carle, who was traded to the Lightning by San Jose exactly four years ago to the day.

THE CANADIAN PRESS

On the web

Spain's second-straight European championship win only solidified its spot atop the FIFA world rankings, as expected. But a surge in points from other European teams has pushed some traditional powerhouses from around the world down the ranks. Scan the code for the story.

Nash free-agency saga takes Hollywood turn

Steve Nash after his final game with the Suns in Phoenix.
CHRISTIAN PETERSEN/GETTY IMAGES

Steve Nash won't be coming home to Canada.

The point guard's agent says the two-time NBA MVP is going to the Los Angeles Lakers in a sign-and-trade deal with the Phoenix Suns.

Nash, who spent the past eight seasons with the Suns, was a free agent but a sign-and-trade agreement was necessary for the Lakers to afford him.

Bill Duffy says his client agreed to a three-year, $27-million US contract. In return, the Suns get four draft picks — first rounders in 2013 and 2015 and second rounders in 2013 and 2014.

He said a main reason for the Victoria-raised player choosing the Lakers was to remain close to his children, who live in Phoenix.

Nash's decision will surely cause disappointment among fans of the Toronto Raptors. Canada's only NBA team made a pitch to bring the veteran point guard to Toronto.

Raptors general manager Bryan Colangelo reportedly made Nash a three-year offer worth $36 million over the weekend.

Reached by The Canadian Press, Colangelo declined to comment on the move.

Nash is also the general manager of Canada Basketball's senior men's national team.

The deal will put Nash on the floor with the team he tried so hard to unseat as a Western Conference power, teaming him with Kobe Bryant, Andrew Bynum and at least for now, Pau Gasol.

THE ASSOCIATED PRESS

Destination Minnesota

NHL. 'Great day in the history' of Wild as Parise, Suter announce free-agency decisions

Ryan Suter and Zach Parise celebrate a Team USA goal at the Winter Olympics in Vancouver in February 2010.
HARRY HOW/GETTY IMAGES

The Minnesota Wild were a starless team in need of a big-time jolt to get the franchise back to the point of being worthy of playing in "the State of Hockey."

The jolts don't come any bigger than this.

The Wild landed not one but both of the NHL's top prizes in free agency, signing forward Zach Parise and defenceman Ryan Suter on Wednesday. Each deal is for 13 years and $98 million US, according to three people familiar with the contracts who spoke to The Associated Press on condition of anonymity because the team did not release details.

"WE GOT 'EM!" the Wild announced on their Twitter account early Wednesday afternoon, sending shock waves across the league and through a devoted fan base that was starting to show signs of apathy after missing the playoffs for a fourth straight season.

Parise, the former New Jersey Devils playmaker, and Suter, who paired with Shea Weber on the Nashville blue-line, were regarded as the cream of what was a thin free-agent crop, and each had spent the past four days poring over numerous offers from several teams before making a decision.

"This is a great day in the history of the Minnesota Wild," GM Chuck Fletcher said in a conference call.

Maybe THE greatest. The Wild have had a relatively nondescript existence aside from one stirring run to the Western Conference finals in their second season.

Parise knows the history well, having grown up in the Twin Cities. So he recruited his friend Suter to come help out the hometown team.

"We kept in touch throughout this whole thing and we decided that we thought for both of us that the best fit would be Minnesota," Parise said in a conference call. "We're excited that it worked out and we get a chance to play with each other."

One person said that even the breakdown of the contracts is exactly the same, with both players getting $12 million in each of the first two years. The deals then go down in value, with each player making $1 million in both 2023-24 and 2024-25.

And it's a relative homecoming for Suter, who is from Wisconsin.

"It came down to where I felt my family would like to live," Suter said. "My wife's from Bloomington, Minnesota. That had a lot to do with it. Minnesota has a lot of good young players that I think will help make this team successful."

THE ASSOCIATED PRESS

Quoted

"I don't think you ever go in assuming you're going to land both of them. We shot for the moon, and we tried our best."

Chuck Fletcher, Minnesota Wild GM

Track and field

Amputee track star to make Olympic history in London

Oscar Pistorius during a track meet in March. GETTY IMAGES

Oscar Pistorius will become the first amputee track athlete ever to compete in the Olympic Games this summer in London.

The double-amputee runner from South Africa has spent almost all his life without lower legs and his entire track career proving he's good enough to compete with the best.

He now has the chance to do just that. The 25-year-old Pistorius will run the individual 400 and the 4x400 relay in London. South Africa's Olympic committee and national track federation suddenly decided to clear Pistorius for the 400 at the London Games on his carbon-fibre blades despite his just missing out on the country's strict qualifying criteria.

THE ASSOCIATED PRESS

MLS. Mattocks takes his chance to lift Whitecaps to victory over Rapids

Darren Mattocks scored in the 43rd minute to lift the Vancouver Whitecaps to a 1-0 victory over the Colorado Rapids on Wednesday night.

Mattocks scored his fourth goal of the season on a defensive breakdown and gave Vancouver (8-4-5) its third win in five games and the second-year team's first victory in Colorado. Joe Cannon, who had 25 shutouts while playing for the Rapids, earned his seventh shutout of the season for the Whitecaps.

Colorado (7-9-1) also lost 1-0 to Vancouver on June 16. The latest loss pushed the Rapids seven points behind the third-place Whitecaps in the Western Conference.

The Whitecaps had one scoring chance in the first half, and Mattocks delivered after Colorado had dominated play.

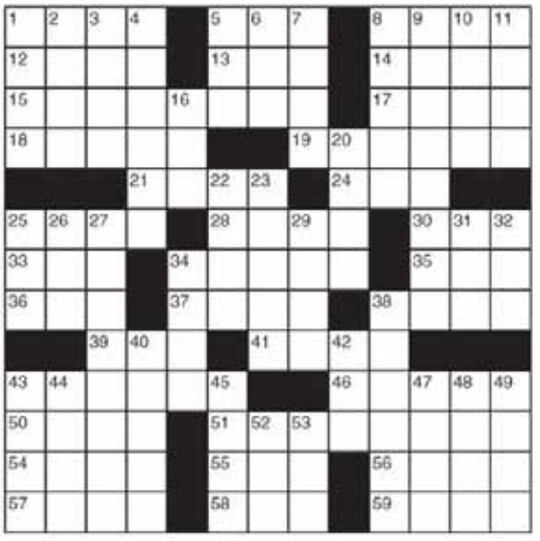
Conor Casey broke free along the left sideline and got off a left-footed kick from 30 yards out. Cannon got on all fours to smother the ball in the 31st minute. A minute later Martin Rivero sent a cross to Jeff Larentowicz, who got a header off but Cannon leaped high and caught the ball.

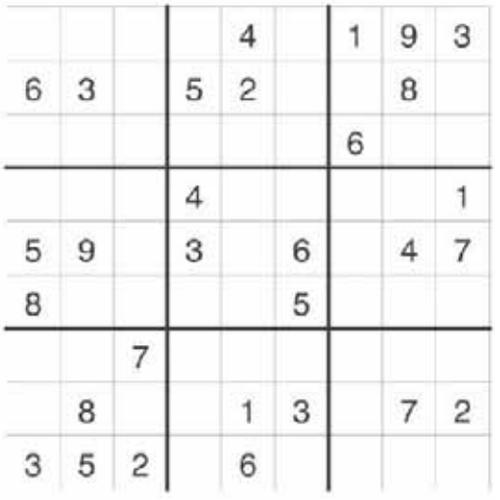
THE ASSOCIATED PRESS

Vancouver's Gershon Koffie battles with Conor Casey on Wednesday in Colorado. THE ASSOCIATED PRESS

Across
1 Curved lines
5 Foundation
8 Dame Myra at the piano
12 Basketball hardware
13 Candle tally
14 European capital
15 Alienate
17 On
18 Small plateaus
19 Entitlements
21 Capri, e.g.
24 Turn blue?
25 Existed
28 Tennis legend Arthur
30 Danson or Koppel
33 Type measures
34 Sen. Kefauver
35 George's brother
36 Eccentric
37 Teeny bit
38 Con game
39 Scull prop
41 Heap
43 Revolutionary War traitor
46 Goof-up
50 Poker holding
51 Rough calculation
54 Expectorated
55 Shelter
56 "Ars Amatoria" poet
57 Sicilian spouter
58 Actress Thompson
59 Capone adversary

Down
1 Attention-getting sound
2 Kennedy matriarch
3 Barracks array
4 Ankle woe
5 Prohibition
6 Heckler's missile
7 Antelope's playmate
8 Songwriter Carmichael
9 Appreciative of beauty (Var.)
10 Coin aperture
11 Bribes
16 Fool
20 Mid-month date
22 Ultimate
23 Bar legally
25 Stein or Stiller
26 Ostrich's kin
27 Tallinn dweller
29 Half (Pref.)
31 Mound stat
32 Flow blocker
34 Count counterpart
38 Preacher's speech
40 Heart line?
42 Luau souvenir
43 Basilica section
44 Engrossed
45 Farmer's place
47 Big dance party
48 He gave us a lift
49 Ohio nine
52 Witness
53 Mad Hatter's quaff





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	3	5	9	7	2	8	4	1
9	4	7	1	6	8	2	3	5
8	2	1	5	4	3	6	9	7
7	9	4	3	2	5	1	8	6
5	8	2	6	1	9	4	7	3
3	1	6	4	8	7	5	2	9
2	6	8	7	3	1	9	5	4
1	7	9	8	5	4	3	6	2
4	5	3	2	9	6	7	1	8

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SFA RHJ EWUNWDW MGFM FSMHQ OFSV OJKM WCBUHRWP F UNDW-NA GHJKWVWWBWQ MH EW GNK UWCCHA FNPW?

Yesterday's Cryptoquip: IF YOU ARE SHREDDING PAPERS IN A CRAZY FRENZY, SOME PEOPLE MIGHT CLAIM YOU'RE ON A TEAR.

Today's Cryptoquip Clue: M equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 20°/13° Sunny
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Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. You will get what you want just when you want it today and will overcome your rivals with ease.

Taurus | April 21 - May 21. Be clear in your mind what needs to be done and do it now, this very moment – not at some ill-defined date in the future.

Gemini | May 22 - June 20. Before you go sticking your nose in other people's business today you would do well to remember that the most productive changes you can make are to your own affairs.

Cancer | June 21 - July 22. You are determined to prove you have what it takes but don't go too far and risk turning people against you

Leo | July 23 - Aug. 22. If there are things in your life that you want to improve, now is the time to identify them and prepare yourself for the changes you will have to make.

Virgo | Aug. 23 - Sept. 22. Because you are a creature of habit you don't like to rock the boat, but the planets are now urging you to try something different, even if it means turning others against you

Libra | Sept. 23 - Oct. 22. If you see something you desire today you must seize it for yourself before your rivals beat you to it.

Scorpio | Oct. 23 - Nov. 21. Try not to feel too hard done by if an authority figure forces you to change what you are doing today because in the long-term you will benefit in ways you cannot yet see

Sagittarius | Nov. 22 - Dec. 21. This will be one of those days when everything goes right without much of an effort but that is not an excuse to sit back and do nothing

Capricorn | Dec. 22 - Jan 20. Take upheavals in your stride today and refuse to get annoyed when things don't work out the way you expected.

Aquarius | Jan. 21 - Feb 18. You will have to let a friend or colleague down today and it may not do your relationship a lot of good

Pisces | Feb. 19 - March 20. Ignore what everyone else is doing and do only what feels right to you. Come the weekend it will be apparent that you were right and they were wrong but try not to gloat about it – too much.

SALLY BROMPTON

Caption Contest

"You're not from around here, are you kid?"
Megan

ELISE AMENDOLA/ THE ASSOCIATED PRESS

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Crystal Mall
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Lougheed Mall
604-420-7979
101-3855 Henning Dr.
604-431-2900
Metropolis (Near Bus Loop)
604-433-8000
Metrotown (Near T&T)
604-432-9303
Metropolis
604-430-3903
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604-320-0789
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Cottonwood Mall
604-858-0017
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